

	MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES CHILD AND ADULT CARE FOOD PROGRAM	ISSUED	REVISED	CHAPTER	SECTION
	AT-RISK AFTER SCHOOL PROGRAMS POLICY & PROCEDURE MANUAL	7/1/03; 6/2011	2/12 3/12	7	7.3
CHAPTER Chapter 7. Meal Service		SUBJECT Types of Meal Service			

Unitized

Under the unitized method of meal service, each child receives at least the minimum serving size of each required meal component served to them on a plate or tray. (The children must be served at least the minimum serving size of each required meal component at each meal). All meal components must be served at the same time. The center may not serve smaller initial portions to a child and allow the child to request seconds. The full amount of all required meal components must be served initially. It is not acceptable to delay or withhold the service of a required meal component until other components have been consumed.

Family Style

Under the family style meal service, each child self-serves their own portion of each meal component. Additional servings of each meal component should be readily available at each table. Family style meal service is encouraged for CACFP if the following criteria are met:

- Enough food is placed in serving bowls/platters on each table to provide at least the minimum portion of each component for all children (plus food for adult portions) at the table and to serve the program adults who supervise the meal service at each table. **(Meals for Program and non-Program adults may not be claimed for reimbursement.)**
- When the full regulatory portion is not initially taken by the child, supervising adults must actively encourage the child to take the full regulatory portion by asking the child if they would like the full portion or seconds during the course of the meal. However, it is ultimately the child's decision on how much or if they will take a meal component.

Food Safety Considerations:

Any food placed on the table may not be reused or served as a leftover at a later time. Food that has been prepared, but not placed on the table, may be reused if properly chilled, stored and reheated to at least 165 degrees Fahrenheit. Under the Missouri Department of Health and Senior Services Sanitation standards, milk should not be put on the table to sit for any period of time. Milk should be poured just before the meal service begins then stored in the refrigerator. Sanitation rules may vary depending on the location of the center. Please contact your local sanitarian for guidelines for your area.

With unitized meal service, all food items must be placed on a child's plate in order to assure that a reimbursable meal or snack is served. With family style meal service, the children determine what foods they will eat and how much they will eat. Adults must actively encourage children to take at least some amount of each required meal component. See Section 7.5 A and 7.5 B for exceptions on when all required components may not have to be served.

Availability of Water

The Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296 established the requirement to make potable water available to children in the CACFP throughout the day ***and at meal times***. At-risk after school programs participating in the CACFP are required to make drinking water available to children to drink at their request but water does not have to be available for children to self-serve. While drinking water must be made available to children during meal times, it is not part of the reimbursable meal and may not be served in lieu of fluid milk.

Reference: CACFP 20-2011, May 11, 2011